



Warm Up: **Arm Day!**

- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Stretch
- PVC Lat Stretch
- TRX Bicep Stretch



Ladder AMRAP: 45 Mins

Rotate → Tread, Bike, Rower, Repeat
Every 10, 12, or 15 Cals = Stop & Lift

UB1 Each Round

- 1 Ball Clean to OH
- 1 Walkout Plank
- 1 Chin Up
- 1 Db Renegade Row(ea)

Mins 9, 18, 27, 36, & 45

- 10 or 20 Db Floor Tricep Ext
- 10 or 20 Db Supinated Curls



February 1st

Audio

